Mountain Weather Forecast

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 00:00 on Monday 18 Jul 2022 until 23:59 on Tuesday 19 Jul 2022

Forecast Issued on Sunday 17 Jul 2022 at 12:22 by Met Office Aberdeen

Confidence: High for mainly dry warm weather at first. Lower confidence for the timing of breakdown later on Tuesday Wednesday but high for cooler fresher conditions from Wednesday onwards

Headline for Monday 18 Jul 2022: Dry with some sunny spells and becoming very warm or hot. Risk of sunburn, dehydration and heat exhaustion.

Mountain weather hazards on Monday 18 Jul 2022

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** Low Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** High Likelihood

Weather and chance of precipitation at 800m

Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Cloudy	Cloudy	Cloudy	Sunny intervals	Sunny	Sunny	Sunny intervals	Cloudy
Precipitation probability							
20%	10%	10%	10%	00%	00%	00%	<05%

Forecast for Monday 18 Jul 2022

Weather: Rather cloudy overnight, perhaps the odd patch of light rain across Sutherland into the morning. Long sunny spells then developing as the high cloud clears away to the north, and any mist in eastern glens also clearing. A chance of low cloud drifting up to southern Skye foothills later.

Chance of cloud-free hill tops above 800m: 100%

Low cloud and visibility: Mostly good visibility, but locally poor in eastern glens at first and on some coastal foothills later.

Check our weather forecast every day to get the most accurate and up to date information
http://www.metoffice.gov.uk/public/weather/mountain-forecast
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Forecast for Monday 18 Jul 2022

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	17/21 S	11/14 SW	8/12 S	15/20 S	15/21 S	18/24 S	16/22 SW	18/23 S	25/32 S
900	15/19 S	9/12 SW	8/11 S	13/18 S	14/20 S	16/22 S	14/19 SW	16/20 S	22/29 S
600	9/13 SW	6/9 SW	6/9 SE	9/13 S	11/17 S	13/20 SW	10/15 SW	10/14 S	13/20 S
300	1/10 S	1/6 SW	1/6 SE	2/10 S	5/16 S	5/17 SW	3/13 SW	2/11 S	2/17 S
Glen	1/4 W	2/4 NW	3/5 E	3/7 S	5/11 SW	6/13 SW	4/9 SW	2/5 NE	2/8 E

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	11/8	11/9	12/10	12/10	14/12	16/13	16/13	15/12	15/10
900	12/9	11/10	12/11	13/11	15/13	17/14	16/14	15/13	15/11
600	14/12	13/12	14/13	15/14	17/16	19/17	18/17	17/15	16/14
300	14/14	14/14	15/15	17/18	20/20	24/22	20/21	20/18	17/17
Glen	16/16	16/16	17/18	20/20	23/22	25/23	24/21	22/20	18/18
Freezing Level*	3500m	3400m	3300m	3600m	3400m	3000m	3500m	3500m	3700m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
High risk of sunburn, dehydration and heat exhaustion.

Forecast for Tuesday 19 Jul 2022
Weather: Dry with sunny spells for much of the day, though some thicker high cloud for a time. Even warmer than Monday, maintaining the same heat hazards mentioned above. Later in the afternoon and evening becoming cloudy with some rain, heavy at times, the outside chance of thunder, and some hill fog developing.

Maximum wind: South or southeast 20 gusts 30mph, turning westerly in the evening.

Chance of cloud-free hill tops above 800m: 100%, falling 30% in the evening

Low cloud and visibility: Good visibility with no low cloud until late afternoon then cloud lowering to 450-600m with hill fog, and poor visibility in heavier rain.

Temperature: **Glens:** 18 Celsius at dawn rising to an exceptional 29 Celsius in the afternoon, dropping to 18 in the evening.
At 800m: 19 Celsius rising to 21 Celsius, falling to 13 Celsius during the evening.
Freezing level: Above the summits.

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